Google

2012

June

WHAT'S INSIDE

Workshops Page 1 Monthly Movies Page 2 Our Center Page 3 Keeping Current Page 4-5 Center Services Page 6 Travel Page 7

Lunch Menu and

Activities Page 8-9 Back Page Page 10

SENIOR CENTER HOURS

Monday - Wednesday 8:30 a.m. - 9:00 p.m.

Thursday - Friday 8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Recreation Coordinators DIANE ATIENZA SARAH FOSTER (acting)

> Office Assistant III ROY DAY

Recreation Specialist NANCY HUGYIK

Nutrition Program EARLENE MINNIS 650-964-6586

Evening Building Attendants

MORGAN BYLER MANNY CANAAN **BJ HATHAWAY ANGELIKA IGNAITIS** JUSTINA LINAN **RICH STEPHENS**

Father's Day June 17







WORKSHOPS: Please note that all workshops are free. but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

The Day Worker Center

The Day Worker Center is one of the Senior Center's closest neighbors—it is right down the street on Escuela! Come to this workshop to find out more about this center: how it works, volunteer opportunities, and handyman services available for hire. The Day Worker Center is a great local resource, so join this workshop to ask questions and learn all about it!

When: Thursday, June 7 at 1:00 p.m.

Location: Social Hall

Introduction to Wii Bowling

Ready, Set, Roll! Have you been on the fence about joining a family member or grandchild when they ask you to play Wii Bowling at home? Or, maybe you've been asked to play at our very own senior center? Well, now you can see how it all works and become comfortable playing anywhere! We will begin special summer hours (2-4 pm) on June 5 and this is the perfect opportunity to get to know the game!

When: Monday, June 11 at 1:00 p.m.

Location: Social Hall

Searching on Google

What will you Google today? What does it mean "to Google"? Join Monica Lipscomb as she shows you how to find facts, people, and websites in an instant through using the internet and the search engine "Google". Basic computer skills required.

When: Wednesday, June 20 at 2:30 p.m.

Location: Technology Room

From Ideas to Action

Many communities find themselves with many ideas and few results. The "gap" has to do with the need to convert ideas to action plans which pave the way for results. Join Ron Schilling, who has taught at Stanford University, as he shows you tools that help you turn ideas into action.

When: Thursday, June 21 at 1:00 p.m.

Location: Social Hall

Hiring Help at Home

Agencies that help people find in-home care vary widely. Join Pathways Private Duty's Janeen Pratt to learn about hiring help at home: what your options are,

as well as possible risks.

When: Thursday, June 28 at 1:00 p.m.

Location: Social Hall

City of Mountain View, CSD, Recreation Division 266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov

MOVIES, MOVIES, MOVIES!

Come to one of our triple showings! **

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

Location: Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD.** There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



My Week with Marilyn: May 29, May 30 & June 1

Rated: R (Some language) Length: 99 minutes

While filming a movie in England, Hollywood icon Marilyn Monroe slips away with a young Brit for a week of self-discovery and frivolity. The story that ensues is based on the real-life memoirs of Colin Clark, once assistant to Sir Laurence Olivier.



Tower Heist: June 5, June 6 & June 8

Rated: PG-13 Length: 104 minutes

When a group of workers at a ritzy Manhattan condo realize their boss has swindled them out of their pensions, they vow to reap their own justice. With the cooperation of the building manager, the group devises an ingenious plot to recover the funds.

WEEK OF DOUBLESS UP THE STURES

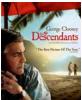
Back by popular demand, we will be having another week of double features! Each day during the week of **Monday, June 11th through Friday, June 15th**, we will be showing a DOUBLE feature of classic movies — a different theme each day! For a complete listing of movies, as well as showtimes, please turn to **page 4**.



The Iron Lady: June 19, June 20 & June 22

Rated: PG-13 Length: 105 minutes

Meryl Streep provides a subtle and nuanced portrait of Margaret Thatcher, the first female prime minister of Britain, whose political career and determination changed the rules that had limited women's opportunities for leadership.



The Descendants: June 26, June 27 & June 29

Rated: R (Language including some sexual references) Length: 115 minutes
When a tragic boating accident leaves his wife on life support, an affluent land baron attempts to mend his relationship with his estranged daughters. But he's also trying to decide whether to let go of some valuable family real estate.

**NOTE: Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

The mission of the Mountain View Senior Center is to provide programs that meet individual needs of seniors; create a sense of ownership in the Center; promote personal growth and socialization; and foster feelings of achievement, companionship and well-being. Participants of the Senior Center are encouraged to:

- Sign-in upon arriving to the facility at either the front or back entrance
- Participate in social service, educational and recreational programs
- Socialize with other participants
- Obtain information and referrals for needed services
- Voice ideas and concerns regarding programs



Our policies promote healthy, enjoyable and safe use of the Mountain View Senior Center for all participants:

- Treat others with courtesy and respect
- Refrain from use of abusive language, inappropriate physical contact or harassment of participants and staff
- Refrain from the consumption of alcohol on the premises
- Attend any required program orientations, including specific guidelines for use of facility equipment
- Follow guidelines for use of facility equipment
- Follow rules of any programs or classes participant attends

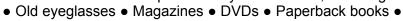
NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, June 18th at 2pm.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIGBINGO -Feeling LUCKY?
Join us on
Monday, June 4 at 1:00 p.m. in
the Social Hall for Big Bingo.

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:





FREE TABLE—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. SMALL items only.

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to two DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!

SENIOR CENTER BOOK CLUB

Meetings are held the second Tuesday of each month (6/12/2012) in the Teen Center, 298 Escuela Avenue (next to the Senior Center), from 10:30 am – 11:30 am Up next for discussion is "The Glass Castle" by Jeannette Walls. July's book selection is "The Long Way Home" by David Laskin.

COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

BROWN BAG RENEWALS

Mark your calendars! The Brown Bag Renewal will take place on Tuesday, June 5, from 8:30 a.m. to 10:30 a.m.

Drop-In Bridge at the Senior Center

Join us for Drop-in Bridge at the Senior Center on Tuesdays from 5:15 p.m. until 7:15 p.m. in Multi-Purpose Room A. Grab your friends and meet new people by playing this popular card game! Playing cards will be provided, but there is no formal instruction. Beginners and more experienced players are welcomed. Call 650-903-6330 for more information.

Post-Season Tax Appointments

AARP will continue to offer tax help on the first and third Thursday of each month until October. Appointments are available at the Senior Center at 9:00 a.m. and 10:30 a.m. To make an appointment call 650-903-6330.

What's up with the Transformer?

If you regularly work out in the Exercise Room, you probably have noticed that the weight machine is not in working order. After much consideration, staff has determined that the transformer will be removed from operation due to practical and safety reasons. Hopefully the machine will soon be removed; in the meantime, please do not use the machine, it could malfunction and cause injury. Please feel free to ask for Sarah at the front desk if you have questions or give comments on equipment you might like to see in the exercise room!

VOLUNTEER CORNER

April 2012

Brown Bag 192.00 **Lunch Program** 275.75 212.50 Receptionists **Social Services** 52.00 237.75 **Teaching**

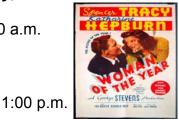
965 hours!! Total

Double Feature Week

Monday, June 11



EPBURN 10:00 a.m.



Adam's Rib

Woman of the Year

Tuesday, June 12



10:00 a.m.



1:00 p.m.

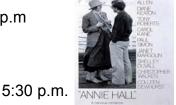
Goldfinger

Diamonds are Forever

Wednesday, June 13



3:30 p.m



Annie Hall

Thursday, June 14



(Part 1) 10:00 a.m.

(Part 2) 1:00 p.m.

Gone with the Wind

Friday, June 15



Gigi

10:00 a.m.



1:00 p.m.

An American in Paris



HEALTH AND WELLNESS EVENT Saturday, August 11, 2012

Mark your calendars for this event that will be packed with informational sessions, workshops, demonstrations, health screenings, a fun walk in the park, and a special keynote speaker! This event is free and open to all seniors. Bring a friend and loved one. More information available soon.



SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2012) from 2:00 p.m. - 4:00 p.m.

Upcoming meetings in 2012 will be: June 20, July 18 and September 19.

SUMMER CLASS GUIDES ARE HERE!



Wondering how to stay busy this summer? Take a look at our summer class guide that is packed with classes for you to "keep on keepin' on" during the summertime. Why try to find excitement elsewhere when the place to be is right here at the Mountain View Senior Center! Ask us to help you find a class that interests you and join in the summer fun!



SUMMER PICNIC



Celebrate the birth of our great nation with a patriotic picnic! Join us in the Rengstorff Park picnic area on **Tuesday**, **July 10**th **at 12:00 p.m.** There will be lemonade, crisp green salad, baked beans, juicy watermelon, ice cream treats, polish sausage dogs*, challenging trivia questions, and fun raffle prizes. Whew! Bring your family and friends: everyone will have a blast. Tickets are sold at the front desk starting on **Monday**, **June 4**th for \$4 in advance, or \$6 on July 10. The free raffle ticket is included with your picnic ticket! Last year's picnic sold out, so get your ticket soon! *Vegetarian option available upon ADVANCED request (no later than July 6).

CSA INFORMATION & REFERRAL DAY: Advance Health Care Directives & POLST Forms

Come join Community Services
Agency's Senior Case Managers
on 6/19/12 to learn about Advance
Health Care Directives and the POLST
form. Senior Case Manager's will be
available from 10:00 am- 11:00 am by
appointment to answer your questions
and assist you in filling out forms.
Contact the front desk at 650-903-6330
to set your appointment.

Appointments are necessary, unless otherwise noted.

Call Mountain View Senior Center front desk at (650)

903-6330 or visit the front desk for an appointment.

There are NO waitlists for appointments.

HEALTH SERVICES

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the fourth Wednesday of each month (6/27/12). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

EYEGLASS REPAIR - Adjustments, repairs, advice. Second and fourth Tuesday of each month (6/12/12 & 6/26/12).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month **(6/11/12 & 6/26/12).**



NOTARY SERVICE - Offered the **first Thursday (6/7/12)** of each month. Appointments available from 8:30 - 10:30 a.m.

PODIATRY SCREENING - Third Wednesday (6/20/12) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The 1st and 3rd Thursday (6/7/12 & 6/21/12). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron. Please call, email or stop by the front desk in order to confirm or cancel your appointment. FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday**, **starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Lunch is served **Monday** - **Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation for ages 60+ is \$2.50, and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

VTA will be at the Senior Center on June 28, 2012 at 10:00 a.m. to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. June 7 is the final day discount stickers will be sold at the Senior Center. Senior discount passes for July 2012 and beyond may be purchased at your local Walgreens store, online at clippercard.com, or by phone at 877-878-8883.

AARP DRIVER SAFETY

REGULAR CLASS - The Safety Program class offered by AARP is scheduled for June 19 and 26, 2012 from 5:00 p.m. to 9:00 p.m. at the Senior Center. The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members.

REFRESHER COURSE - Tuesday, August 28, 2012 from 4:30 p.m. to 9:00 p.m. The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.* To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted. For insurance benefits, contact your insurance carrier. *For the August session only, AARP is offering a promotion for all current and former educators. Individuals who have worked as an educator, or for a school district or university in any capacity, may take the August refresher course for \$5. See the front desk for more information and coupon.

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

NOTE - AARP may cancel course if fewer than 10 students enroll.

Mountain View Seasoned Travelers

For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and Thursday
at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.





BLACK OAK CASINO

Tuolomne

WHEN: Tuesday, June 5, 2012

COST: \$28 per person

<u>INCLUDES</u>: Round trip transportation via luxury motor coach, driver's gratuity, and

a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

JACKSON RANCHERIA

Jackson

<u>WHEN:</u> **Monday, July 9, 2012**

COST: \$33 per person

<u>INCLUDES</u>: Round trip transportation via luxury motor coach, driver's gratuity, and

a casino bonus!

<u>DEPART</u>: 7:30 a.m. from Senior Center <u>RETURN</u>: Approximately 5:30 p.m.





Upcoming Trips to put on your 2012 calendar

Aug 6th: Feather Falls CasinoSept 4th: Thunder Valley Casino

Oct 8th: Chukchansi

Gold Casino

Nov 8th: Cache Creek Casino

Dec 4th: Red Hawk Casino

Dec 10-11: Christmas at Hearst

Castle

ANNIEGLASS STUDIO & SHADOWBROOK LUNCHEON

WHEN: Thursday, July 26, 2012

COST: \$98.00 per person

We're headed to Watsonville to visit ANNIEGLASS STUDIO, home of award-winning, handcrafted

glassware. ANNIEGLASS can be found in luxury retailers, prestigious hotels, and the homes of the rich and famous. See the artist, Annie Morhauser, at work and have the opportunity to shop for beautiful glassware pieces as well. Afterward enjoy a leisurely hosted lunch at the Shadowbrook Restaurant, offering world-class atmosphere and cuisine, located beside lush Soquel Creek in Capitola-by-the-Sea.

APPLE HILL

WHEN: Wednesday, October 3, 2012

COST: \$69.00 per person

Travel to the beautiful High Hill Ranch at Apple Hill to enjoy a delicious BBQ chicken lunch and hot apple pie alamode for dessert.



Then learn about the history and development of Apple Hill as you enjoy a bus tour that will wind down country roads flanked with beautiful scenery and stop at fruit filled orchards. Fall colors spreading across the countryside will make this a day to remember.

Allow time for exploration of the ranch and visit the gift shop and

craft fair.



Thursday	Friday	Strawberry	
	1 10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Beef minestrone soup w/tomatoes, pasta greens, kidney beans, 4 way blend veggies, Spinach and cucumber salad w/ ½ egg, Cantaloupe	Summer Salad	
		Ingredients:	Mountain
	1:00 Movie: My Week with Marilyn	1 cup mayonnaise	
7	8	1/4 cup white sugar	<u> </u>
8:30 Notary Service	10:30 Blood Pressure Check	1 tablespoon white vinegar	5
10:30 Bookmobile 11:45 Lunch	10:45 Dancing, Social Hall 11:45 Lunch	1 tablespoon poppy seeds	<u> </u>
Hamburger w/ lettuce and tomato, Bun, Green beans, Potato salad, Cantaloupe	Chili Colorado-pork, Tortilla, Fresh cooked pinto beans, Spinach, cucumber and tomato salad,	1 bunch fresh spinach, washed, stems removed	iew
1:00 SALA Appointments	Apple juice	½ cup diced red onion	S
1:00 Workshop: Day Worker Center	1:00 Movie: Tower Heist	1 (16 ounce) package fresh strawberries, hulled and sliced	eni
14 10:00 Movie: Gone With the Wind pt 1 10:30 Bookmobile 11:45 Lunch	10:00 Movie: Gigi 10:30 Blood Pressure Check 10:45 Dancing, Social Hall	1 head iceberg lettuce, torn into bite-size pieces	or N
Baked fish, Brown rice, California blend veggies, Green salad, Fruit, Surprise dessert Father's Day Lunch Performance by The Swinging Seniors 1:00 Movie: Gone With the Wind pt 2	11:45 Lunch Chicken cacciatore, Seasoned pasta, Onions, green bell peppers, diced tomatoes in entrée, Green salad, Fruit 1:00 Movie: An American in Paris	Directions: 1. Make a dressing by whisking together the mayonnaise, sugar and vinegar in a small bowl. Stir in the poppy seeds; set aside.	View Senior Nutrition Pro
24	* K	2. Toss together the	10
21 10:30 Bookmobile 11:45 Lunch Seasoned meatballs, Baked penne pasta, Italian veggies, Tossed salad, Fruit 1:00 SALA Appointments 1:00 Workshop: Ideas to Action	10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Chili verde-pork, Tortilla, Fresh cooked pinto beans, Green salad, Fruit 1:00 Movie: The Iron Lady	lettuce, spinach, and onion in a large bowl. Drizzle the dressing over the salad and toss to coat. Add the strawberries and lightly toss again. Serve immediately.	3ram 650-
28 10:00 VTA Clipper Cards 10:30 Bookmobile 11:45 Lunch Ron's chicken, Brown rice, Oriental blend veggies, Green salad w/broccoli, Fruit 1:00 Workshop: Hiring Help at Home	29 10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Tuna sandwich w/celery and onions, Whole grain bread, Vegetable soup, Carrot raisin salad, Melon 1:00 Movie: The Descendants		650-964-6586

WELCOME to the "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond!

Whoa Nelly!

The City of Mountain View's Shoreline Division is pleased to announce its next Rengstorff House exhibition, entitled "From Horse & Buggy to the Model T: Turn of the Century Transportation, Then and Now". Featuring photos of scow schooners, livery stables, wagons, stagecoaches, electric cars (from nearby towns/cities), as well as early railroad scenes and more. The exhibit will also include modern-day, color photographs of vintage automobiles, in partnership with the Santa Clara Horseless Carriage Club and Santa Clara Valley Model T Ford Club. The exhibit runs May 20 through July 25, on public tour days of Tuesdays, Wednesdays and Sundays from 11:00 a.m. to 5:00 p.m.

On Sunday, June 24 from 2:30 – 4:30 pm, the City will also host a "meet and greet" with participating vintage car owners, who will have their cars on display for members of the public to enjoy. For additional information or to schedule a group tour of the Rengstorff House at any time, please contact Senior Recreation Coordinator Kristina Perino at (650) 903-6073.



(Picture on left, Castro Street in 1904; on right, 1923 Ford Model T – Allan and Lucy Greenberg)



FATHER'S DAY - Father's Day in the United States is on the third Sunday of June. It celebrates the contribution that fathers and father figures make to their children's lives. There are a range of events, which may have inspired the idea of Father's Day. One of these was the start of the Mother's Day tradition in the first decade of the 20th century. Another was a memorial service held in 1908 for a large group of men, many of them fathers, who were killed in a mining accident in Monongah, West Virginia in December 1907. A woman called Sonora Smart Dodd was an influential figure in the establishment of Father's Day. Her father raised six children by himself after the death of their mother. This was uncommon at that time, as many widowers placed their children in the care of others or quickly married again. Sonora was inspired by the work of Anna Jarvis, who had pushed for Mother's Day celebrations. Sonora felt that her father deserved recognition for what he had done. The first time Father's Day was held in June 1910. Father's Day was officially recognized as a holiday in 1972 by President Nixon.



If you would like to receive the Senior Center Monthly Prime Time News Newsletter via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!